

Los Angeles Suicide Prevention Summit

Sept. 7, 2011

Passion, Patience & Perseverance

California's Strategic Plan for Suicide Prevention

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1-877-727-4747
Suicide Prevention Crisis Line

Essential Ingredients

Passion

Patience

Perseverance

The Seasoning



Genesis of California's Plan

- ❑ 2000 SB 405 (Ortiz) *required* DMH to create/contract multi-county, 24-hr crisis line network (held in Approp.)
- ❑ 2001 SB 620 (Ortiz) Suicide Prevention Act *authorized* DMH to create prevention, education, training program
- ❑ 2003 House resolution *encouraged* strategy (Lowenthal)
- ❑ 2006: SB 1356 (Lowenthal & Torlakson) *required* DMH Plan using as much of SPAN plan as possible
 - ❑ Instead Gov. *directed* DMH to create plan by 5/1/08

Genesis of California's Plan

- ❑ 2007 AB 509 (Hayashi) *required* DMH to create Office of Suicide Prevention
 - ❑ Governor agreed to create by Executive Order using PEI funds
- ❑ 2008 DMH established Office of Suicide Prevention (OSP) under PEI division
 - ❑ \$14 million/yr for 4 years for suicide prevention projects
 - ❑ CA Strategic Plan approved by Governor June 2008

The Advisory Committee

- **Advocacy Groups**

- Network of M.H. Clients
- CCCMHA
- Mental Health Planning Council
- NAMI
- Protection & Advocacy
- SPAN

- **Education**

- LA Office of Education
- School Districts
- Universities

- **Law Enforcement**

- **Legislature**

- **Mental Health Directors**

- **MHSOAC**

- **National Guard**

- **Providers**

- LGBTQ
- M.H. & Substance Abuse
- Older Adults
- Native Americans
- Survivors' Groups

- **State Departments**

- Aging, Alcohol & Drugs
- Corrections, Education
- Public Health, Social Services

L.A. Members of Committee

Barbara Colwell, LAUSD

Kita Curry, Didi Hirsch M.H. Services & CCCMHA

Luis Garcia, Pacific Clinics & M.H. Planning Council

Morris Lawson II, Student Intern Therapist

Vickie Mays, UCLA Psychology/Health Services

Michael Pines, L.A. County Office of Education

Charles Robbins, Trevor Project



The Process

Positives

Common Goal

Committed Core Group

Areas of Expertise

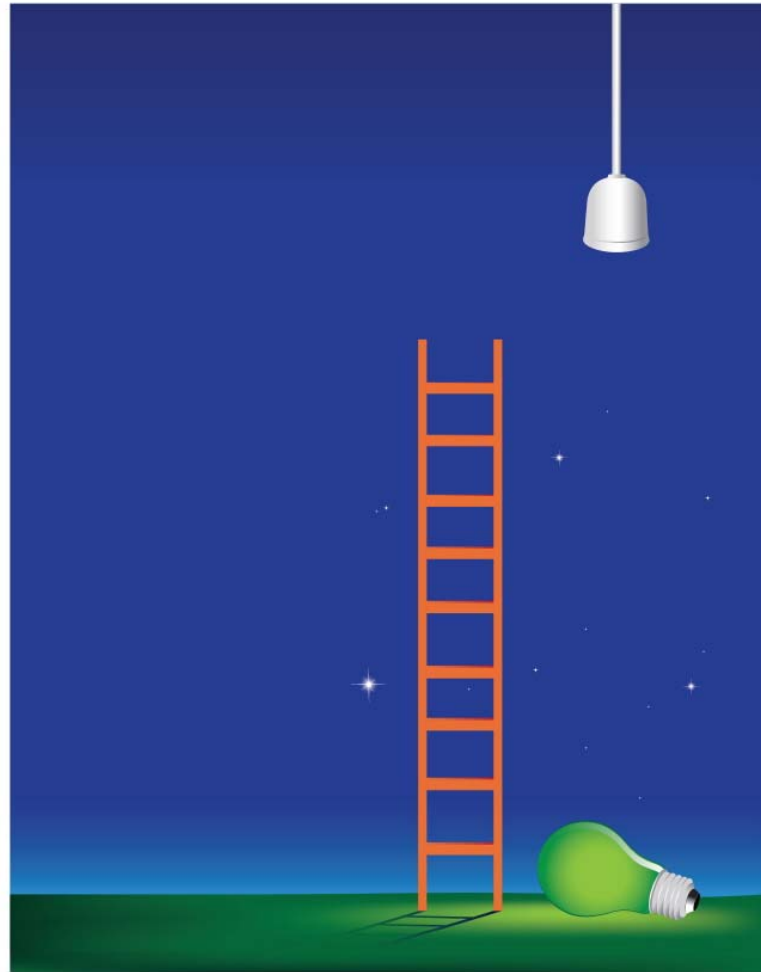
Not Competitive

Intense Time Period

Staff Wrote & Revised



The Process



Frustrations

Advisory Status

Wanted Regulations &
Deliverables

Sympathy &
Stereotypes

Continuity & Collaboration
vs. Duplication

Strategic Direction 1

Create a System of Suicide Prevention at State & Local Level

Increase collaboration among public & private agencies & communities; coordinate & improve activities & services throughout state, from primary/mental health promotion & prevention through crisis intervention

- OSP coordinates network & serves as clearing house for data, research findings, best practices
- Convenes topic specific workgroups
- Creates hotline consortium & expands capacity and number
- Implements improvements in confidentiality laws
- Local communities create similar network to develop suicide prevention action plan with measurable goals

Strategic Direction 2

Implement Training & Workforce Enhancements to Prevent Suicide

Develop & implement service & training guidelines to promote effective & consistent prevention, early identification, referral, intervention & follow-up across service providers

- Expert workgroups to develop, promote & evaluate service & training guidelines/curricula

Include: primary care, emergency responders, behavioral health, older adult programs, foster care, justice system, education, etc.

- Set annual training goals re audience, models & numbers
- Increase priority of suicide prevention by tailoring to

community

Strategic Direction 3

Educate Communities to Take Action to Prevent Suicide

Raise awareness that suicide is preventable & create environment that supports prevention & help-seeking

- Launch campaign re risks, warning signs & resources
- Coordinate with social media activities to reduce stigma & engage news media in best practices
- Promote restricted access to lethal means
- Disseminate & promote models to educate gatekeepers
- Involve local community with outreach, media, & education

Strategic Direction 4

Improve Suicide Prevention Program Effectiveness & Accountability

Improve data collection, surveillance & program evaluation; launch research to design effective policies & programs for diverse populations

- Test & adapt evidence-based practices
- Evaluate interventions & provide technical assistance
- Make data more accessible to public & policy makers
- Increase local capacity for data collection, reporting & use
- Build local capacity to evaluate & use results to improve programs
- Create or improve capacity for clinical & forensic death reviews

From Plan to Action



From Plan to Action

2008 MHOAC puts part of Suicide Prevention, School Mental Health, & Stigma & Discrimination PEI funds in state pool.

2010 Counties create Joint Powers Authority (JPA), aka CalMHSA, as way to form collaborative partnerships & pool funds. State contracts with JPA to be program & fiscal agent for three PEI statewide programs.

2010 State issues guidelines for statewide PEI program.

2011 MHOAC approves JPA as alternative to DMH to oversee \$130 million for 3 PEI areas. Most counties choose JPA. RFPs released with awards for 3 years due to late start.

Statewide Suicide Prevention Grants

System of Suicide Prevention at State & Local Level

Grant 1: Statewide Network—Didi Hirsch. Submitted with members of California crisis line consortium.

- ❑ Regional & state of broad group of stakeholders
- ❑ Standard data collection/reporting
- ❑ Technical assistance to regions in order to submit programs developed for underserved communities to best practices registry of Suicide Prevention & Resources Center.

Statewide Suicide Prevention Grants

System of Suicide Prevention at State & Local Level

Grant 2. Expand capacity & number of crisis lines & warmlines—awarded by geographic regions. Didi Hirsch lead for 7 counties: Imperial, Los Angeles, Orange, Riverside, San Bernardino, San Diego, Ventura

- ❑ Crisis line for all counties except San Diego
- ❑ Adding Korean & Vietnamese-speaking counselors to crisis line 12 hours/day—7 days/week
- ❑ Creating Warmline consortium; will share & develop training curricula and best practices
- ❑ Establishing after-hours Warmlines in L.A. & O.C.

Statewide Suicide Prevention Grants

Educate Communities to Take Action to Prevent Suicide

Grant 3. Media education and campaign—18 in partnership with Suicide Prevention & Research Center (SPRC).

Grant 4. Living Works Education LP—grantee in Northern CA & Southern CA. Partnered with Didi Hirsch for Los Angeles & Orange Counties

- Training trainers in ASIST (Applied Suicide Intervention Skills Training) & SafeTALK (Tell, Ask, Listen, KeepSafe)
- Training broad spectrum of community groups in ASIST & SafeTALK in Spanish & English

Statewide Suicide Prevention Grants

Improve Effectiveness & Accountability

Grant 5. Research plan & agenda—no grantee.

Overall Evaluation of Suicide Prevention Grants

Just released. Must be completed on date programs end.



The Future

What is role for Office of Suicide Prevention?

- Governor has proposed abolishing State DMH
- Most of OFSP's responsibilities have been assigned to CalMHSA grants

What happens when pooled Suicide Prevention funds expire in June 2014?

Contact Information

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